

A Clinical Study of Shunthi Gokshuradi Kwatham in Ghridhrasi

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ABSTRACT

Backache is common, painful condition affecting the lower portion of the spine. Low back pain is caused by injury to a muscle (strain) or ligament (sprain). Common causes include improper lifting, poor posture, lack of regular exercise, a fracture, a ruptured disc or arthritis, often, the only symptom is pain in the lower back.

Most low back pain goes away on its own in two to four weeks. According to ayurveda katishula and ghrdharsi having same symptoms like lowbackache. In daily clinical practice we have seen mostly vatkphaj ghrdharsi patient. Shunthi gokshuradi kwatham with the prakshapa of yavakshara gives excellent result in above type of ghrdharsi.

KEYWORDS: *Shunthi Gokshuradi Kwatham, yavakshara, Ghridhrasi, (sciatica pain)*



INTRODUCTION

Ghridhrasi described in 80 nanatmja vatavyadhi. The most commen disorder which affects the movement of legs, particularly in the most productive period of life i.e 30 to 50 years. Backache problems –a one thirds of patients turn in to Ghridhrasi. In this condition due to the dysfunction of vata and kapha dosha stambha (stiffness), ruk(pain), toda (paining sensation) from, kati(lumbar region), spika (buttock) radiating down the posterior border of the thigh, janu (knee) and outer border of jangha and pada with stiffness and impriment of lifting of thigh. Etiologically Gridhrasi classified in to two groups 1) Vataja 2) vatakaphaja. Acharya sharangdhara mentioned shunthi gokshuradi kwatham with yavakshara prakshepa in vatakaphaj gridhrasi.

Aims and objective:-

To study the roll of shunthi gokshuradi kwatham in Gridhrasi.

Material and Method:-

Material:-

Drug: Shunthi Gokshuradi Kwatha with Yavakshara as prakshepa. Dose:- 30ml, Seven kala:- Pragbhakta and Sayanmkala (before food)

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1. Shunthi: Latin name:- *Zingiber officinale*.

Family:- Zinziberaceae

Gana:- Truptighana, Deepaniya, Shulprashman, Trishananighrahan

Guna:- Laghu, Snigdha.

Rasa:- Katu

Vipaka:- Madhura

Virya:- Ushana

2. Gokshura:- Latin Name:- *Tribulus terrestris*

Family:- Zygophyllaceae

Gana:- Mutravirechaniya, Shothahara, Anuvasanopag, Vatashamari bhedan

Guna:- Guru, Snigdha.

Rasa:- Madhura

Vipaka:- Madhur

Virya:- Sheet

3. Yavakshara:- Ash of Hordeum vulgare, alkaline in nature, mutral pittashamak

Methods:-A 40 patients were selected by simple random sampling method between the age group 25-50years.

Duration of treatment:- 30 Days.

Follow up:- After 15 Days.

A. subjective criteria:- 1) Referred pain from sphika to pada. 2) Stambha 3) Tandra 4) Gaurav 5) Arochaka 6) Mukhapraseka 7)Ruka 8) katishula

B. Exclusive criteria:- 1) Leprosy -peripheral neuropathy2) Nerve compression due to fracture3) Neoplasm causing nerve compression

4) patient advised surgery Objective criteria:- Straight leg rising test (SLRT)

Result Assed as

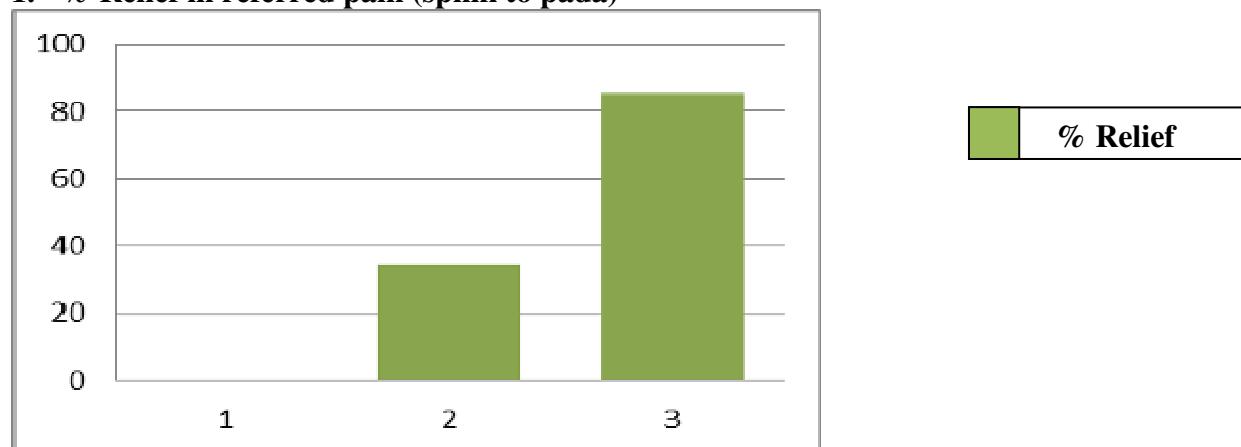
1. Uttam upashya:- 75% symptoms subsided
2. Madham upshaya:- 50% symptoms subsided
3. Alpa upshya:- more than 25% but less than 50% symptoms subsided
4. Anupshya:- less than 25% symptoms subsided.

Result: Graphs only

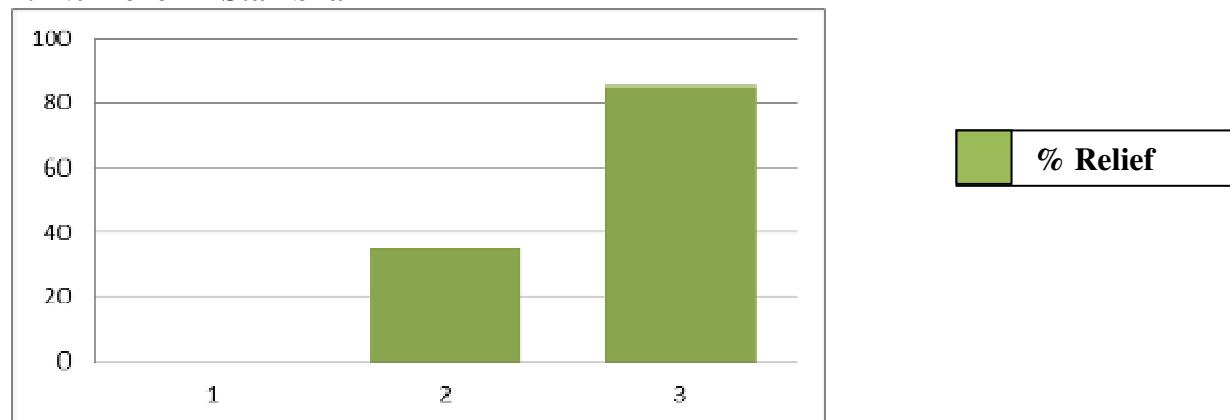
Graphs denotes

1. Before treatment
2. Interval 15 days
3. Interval 30 days

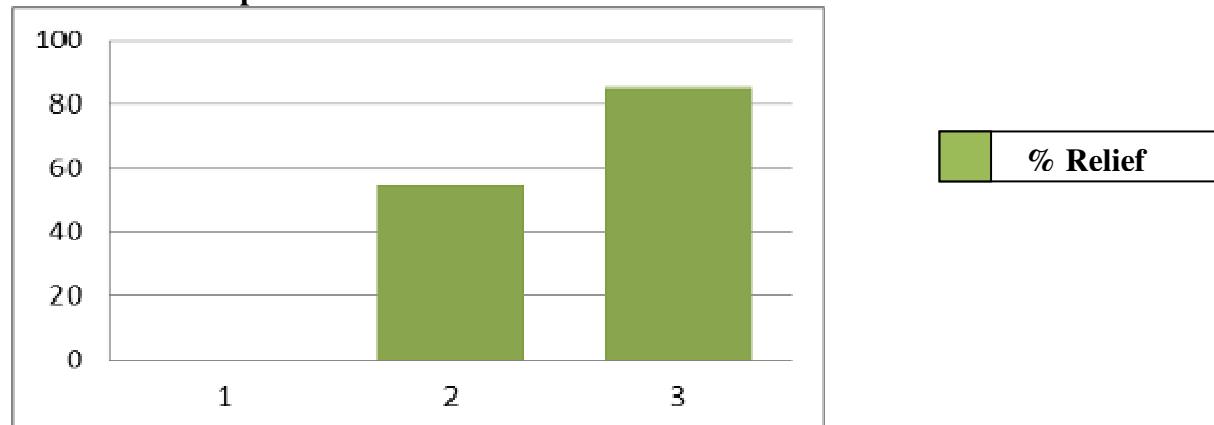
1. % Relief in referred pain (sphik to pada)



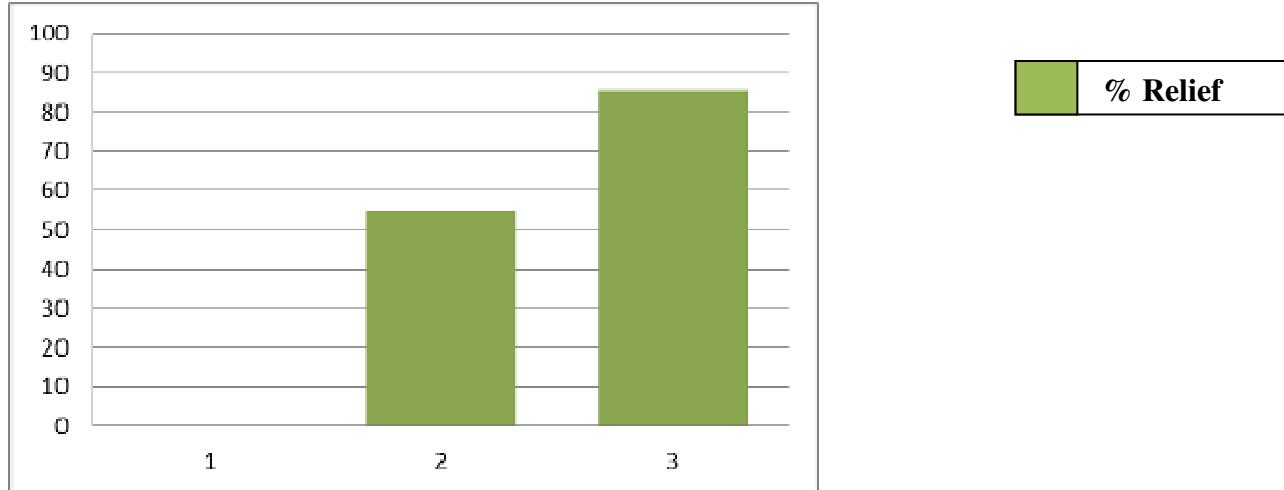
2. % Relief in Stambha



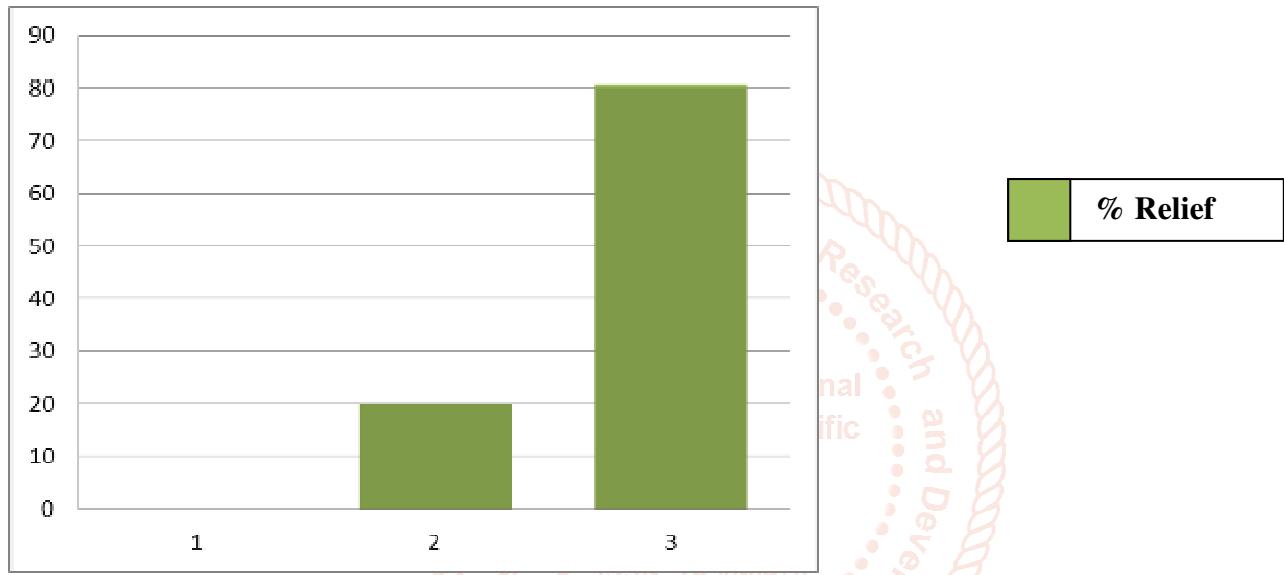
3. % Relief in Spandan



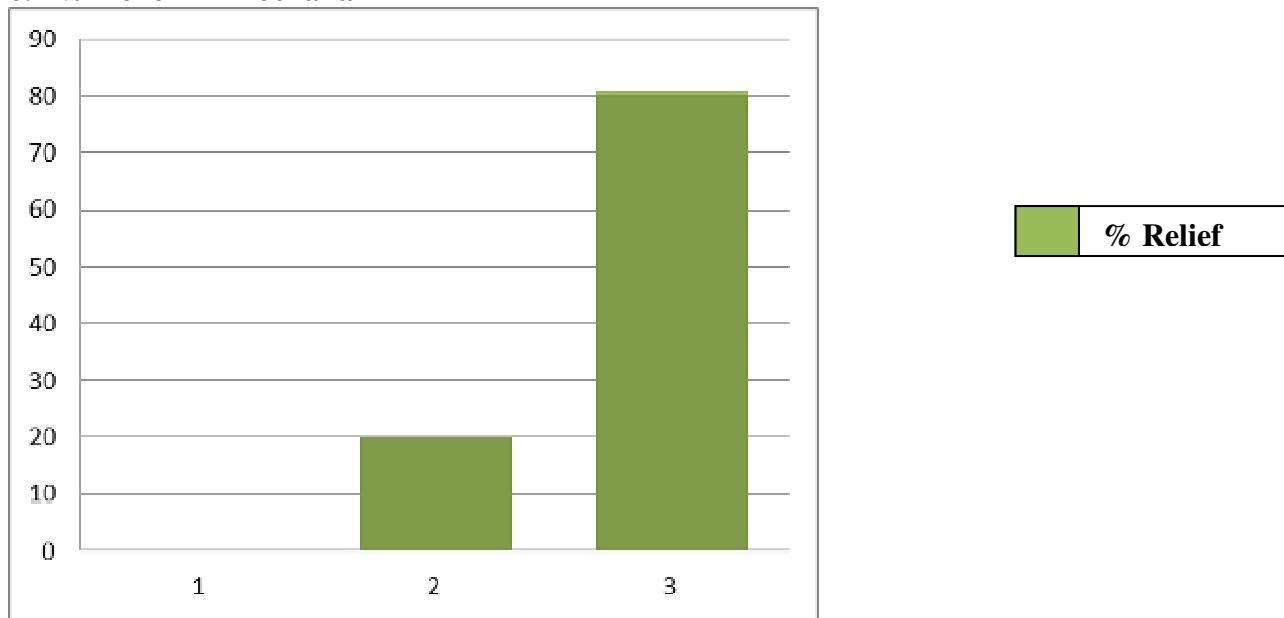
4. % Relief in Tandra.

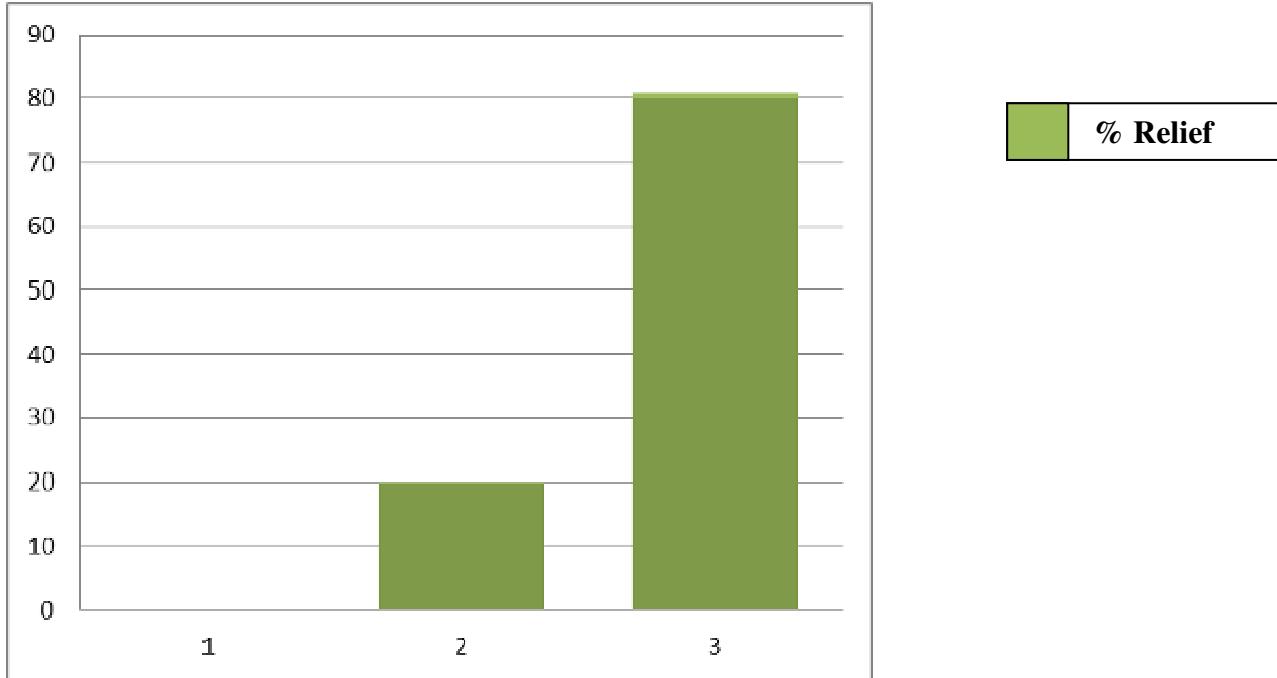
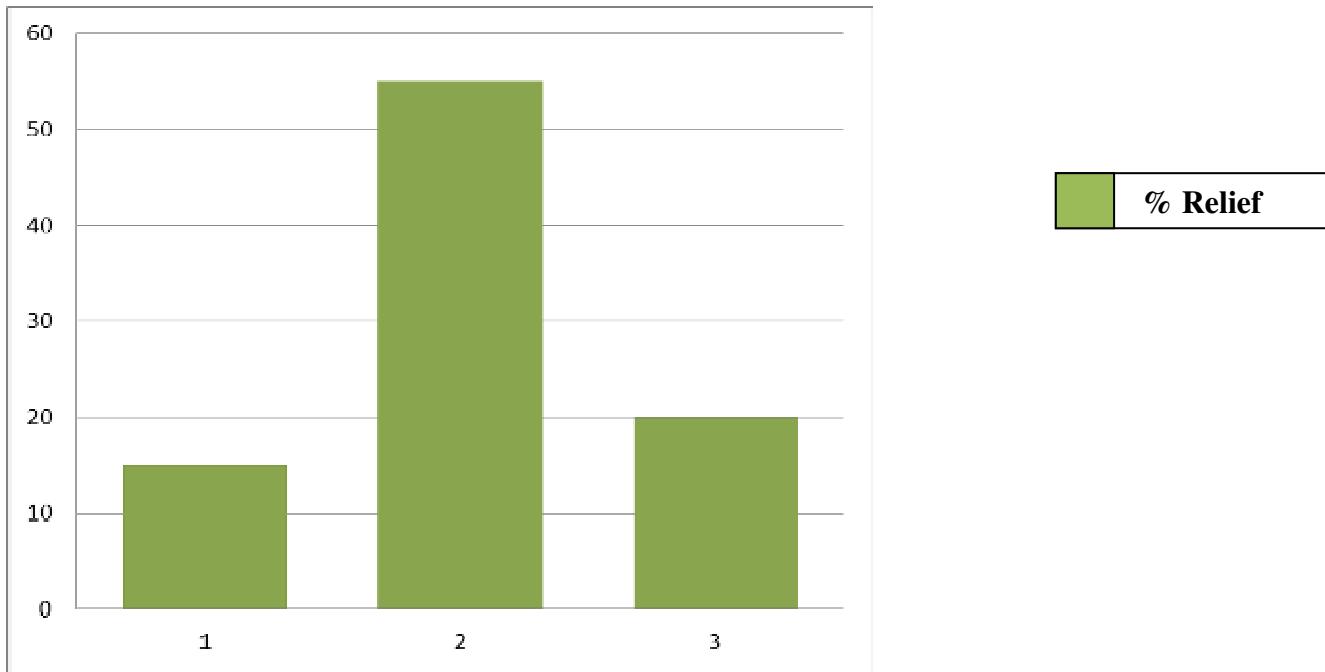


5. % Relief in Gaurav



6. % Relief in Arochaka



7. % relief in SLRT**8. % Relief after Chikitsa****Discussion:**

In Ghrudhrasi kandara dushti mentioned by Susruta. Kandra is the upadhatu of Rakta dhatus. Rakta dushti occurred due to viated pitta. Kaphaavrittavata gives same symptoms like ghrudharsi, diabetic neuropathy. In females pelvic inflammatory disease have some symptoms as like a Ghridharsi. Constipation, cystitis, pregnancy, before menstrual cycle, obesity (specially abdominal fat) are some other causes which presents some symptoms like Vatakaphaja Grudhrasi. We have chosen simple and easily formulated and most effective drug Shunthi Gokshuradi Kwatham with the prakshepa of Yavakshara from the sharangdhara samita. In this formulation shunthi is the best amapachaka, deepan, trishananighana drug. As per these karma shunthi works as a pittashamaka,

shothahar, shulprashaman, vatanuloman. In same manner Gokshura get washed out excess dravata through urine. Due to madhura rasa, vipaka and singdha guna it work as a majjaposhaka, rasayana. Yavakshara is alkaline drug work as a mutral, pittashamaka. That's why the combine drug effect gives fantastic effects on symptoms like tandra, gauravta, and arochaka. Due to agnideepan and anulomana (mala and vata) pressure on the back get released and symptoms like toda, stambha, ruka get subsided. Changes in SLRT and referred pain (from spika to pada) get subsided with regular exercise and drug use. After the 1 month treatment patients get also relief from the complaints like constipation, frequent urination, acidity, painful menses, gas trouble.

Conclusion:-

40 patients were selected by simple random sampling method between the age group of 25- 50 years. Freshly prepeard Shunthi Gokshuradi kwatham with the yavakshara prakhsep (pinch of yavakhara) given

to the patient in 30 ml quantity in pragbhakta and saymbhakta (before food) bheshaja kala for 30 days. Followp taken after 15 days and 30 days. As the assessment of result Shunthi Gokhuradi kwatham gives excellent relief from the ghrudharsi.

